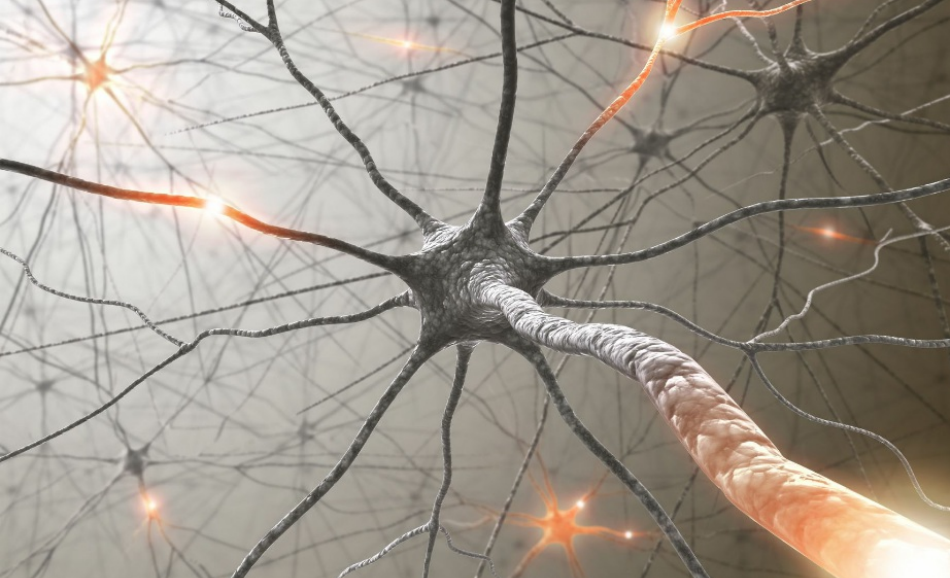




Neuroplasticity

Cognitive
Exercises

Start Studying Again



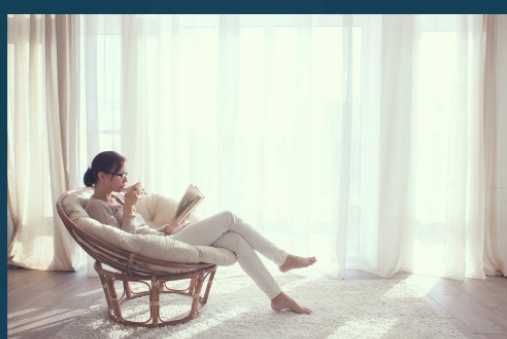
Learn A New Language



Ask People About Their Hobbies



Read A Non-Fiction Book



Keep A Diary



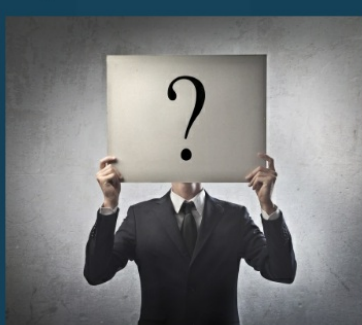
Change Your Audiovisual Habits



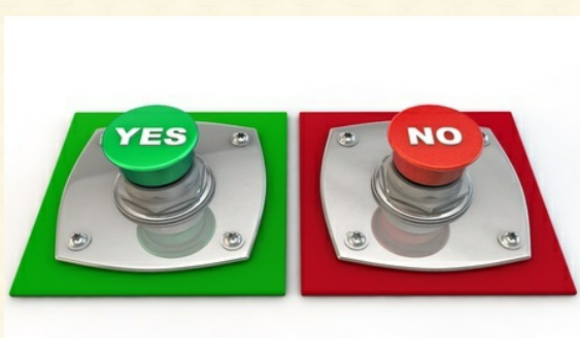
Take An Online Course



Only Ask Questions



Play 'Neither Yes Or No'



Make Extreme Associations To Remember



Write A Poem

